

Corn Flake Crusted Fish Tacos with Avocado Cream and Slaw



Fish

- 1 cup panko breadcrumbs
- 2 tbsp. canola oil
- 1 cup cornflakes, finely crushed
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- 1/2 teaspoon coarse-ground pepper
- 1/2 teaspoon cayenne pepper
- 1/2 cup all-purpose flour
- 3 large egg whites
- 1 tbsp. water
- Cooking spray
- 1 1/2 pounds mahi mahi filets, cut into 3/4-inch wide strips

Sauce

- 1/2 cup Greek yogurt
- 1 ripe avocado, skin removed and pitted
- 2 tablespoons chopped fresh cilantro
- Juice of 1 lime
- 1 jalapeno, seeded chopped
- 1 garlic clove
- 1/2 teaspoon cumin
- Kosher salt
- Coarse-ground pepper

Slaw

- 1/2 small Napa cabbage, thinly sliced
- 1/4 red cabbage, thinly sliced
- 3 green onions, thinly sliced
- 1/3 cup fresh cilantro, coarsely chopped
- Juice of 1 lime
- Kosher salt
- Coarse-ground black pepper
- 12 (6-inch) corn tortillas

3 Roma tomatoes, seeded and chopped

Preheat the oven to 450 degrees F. Toss the panko with the oil in a large skillet. Toast over medium-high heat until golden brown, about 10 minutes, stirring frequently. Transfer the toasted crumbs to a shallow dish and combine with the cornflakes.

Mix the cumin, garlic powder, chili powder, salt, pepper and cayenne pepper in a small bowl. Season breadcrumbs with the spice mix.

In a second shallow dish, season the flour with salt and pepper. Whisk the egg whites and water in a bowl. Lightly spray a wire rack with cooking spray and place over a rimmed baking sheet lined with aluminum foil.

Season the fish all over with spice mix. Dredge the fish, in batches, in the flour, then the egg whites, and finally the breadcrumbs to coat, shaking off the excess between each step. Lay the fish on the prepared wire rack and repeat with the remaining fish. Lightly spray the tops of the fish with cooking spray, and bake until cooked through, about 20 minutes.

Meanwhile prepare the avocado sauce and slaw. Combine the yogurt, avocado, cilantro, jalapeno, garlic, lime juice and cumin in a food processor. Pulse until well-combined. Season to taste with salt and pepper.

For the slaw, toss cabbages, green onions, cilantro and lime juice in a large bowl until combined. Season to taste with salt and pepper.

Warm the corn tortillas in the oven for 1 minute.

Serve family-style on a platter with the fish, tortillas, slaw, tomatoes and avocado sauce.

Makes 6 servings